

09878551.06.1.01

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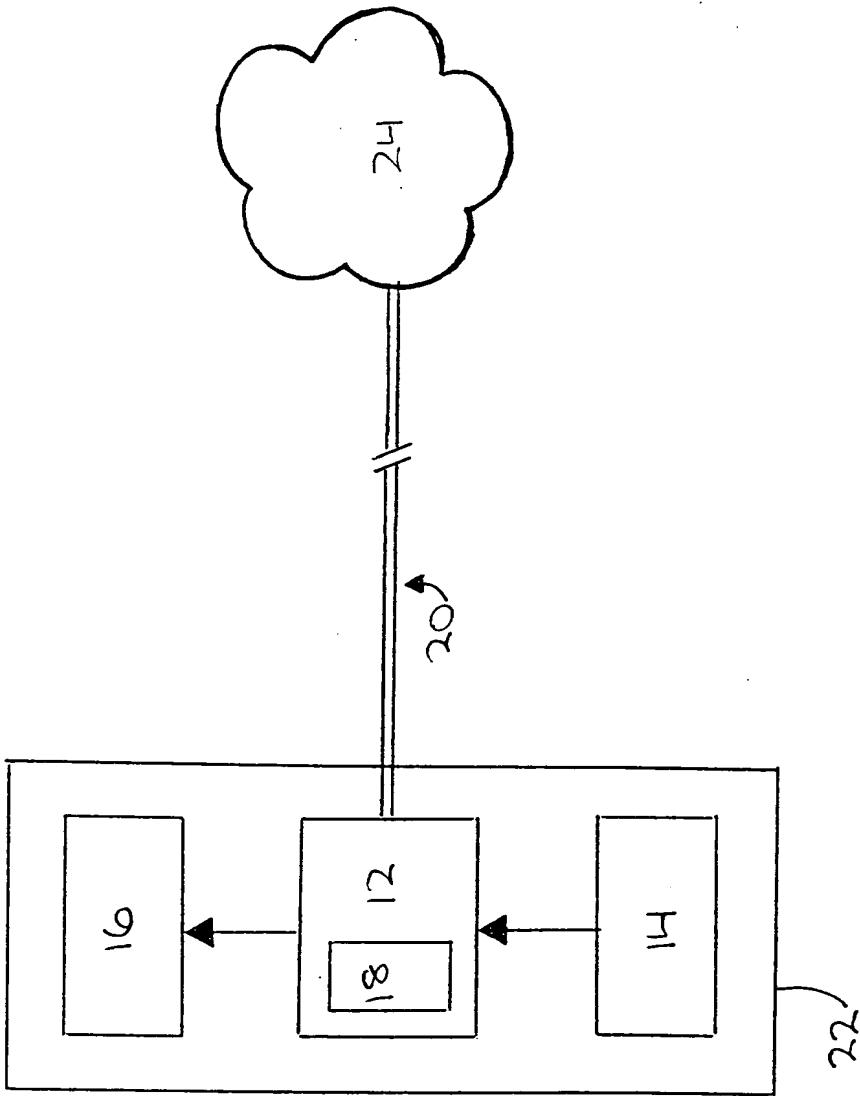


FIG. 1





62

**New Food Item** [X]

Category  
☒ Green ☐ Yellow ☐ ...

Food Name

Fat Grams

Calories

Portion

Accept Cancel

FIG. 4

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# Joe Belly Buster™ Table of Contents

The Screen

Tracking

Is this really you?

Setting the date and calendar stuff

Setting targets

Entering Food Consumed

Adjusting/Correcting Consumption

Counts vs Percentage, Remaining

Customizing the Menu

Adding New Menu Item

Changes on existing items

Removing Menu Item

Reporting

Hints

FIG. 5

66 →

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**Joe Belly Buster Healthy Eating Hints** [X]

To convert grams of fat, protein, alcohol, and carbohydrate, use these numbers:

Fat is 9 calories per gram consumed  
 Protein is 4 calories per gram  
 Carbohydrate is 4 calories per gram  
 Alcohol is 7 calories per gram

Okay  
 Next Hint  
 Turn Off Hints  
 New  
 Chang  
 Delete

FIG. 6